



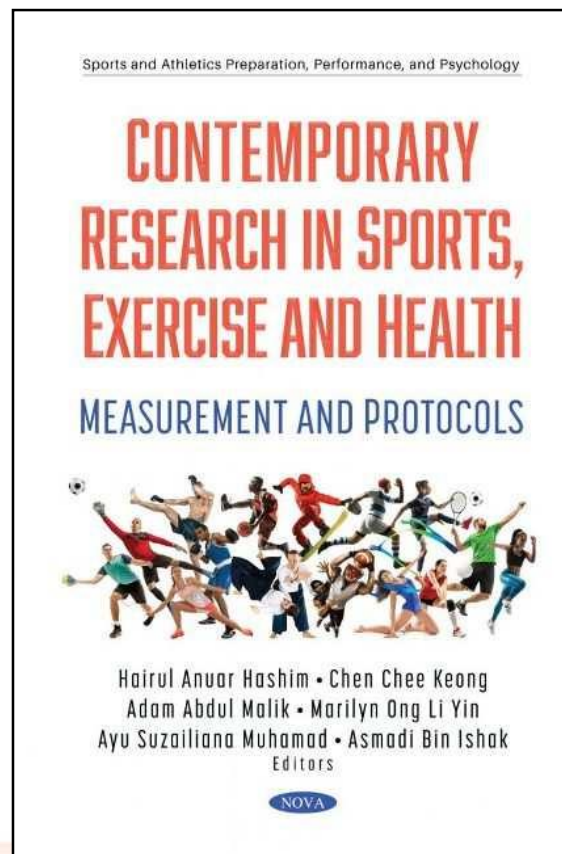
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## SPORTS SCIENCE



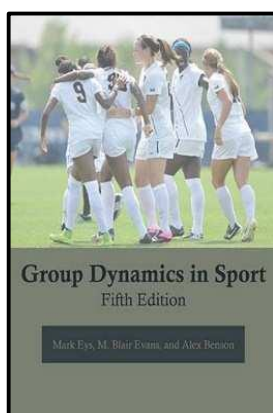
## NEW TITLES

- Fitness Information Technology
- Nova Science Publishers

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## Fitness Information Technology



### **Group Dynamics in Sport**

Mark Eys, M Blair Evans, Alex Benson

*Group Dynamics in Sport*, 5th edition, provides readers with the most current theories and practices of group dynamics in sport teams. In this updated edition, each chapter identifies and discusses key theoretical concepts of group dynamics and offers extensive and relevant examples that reinforce the principles covered. Topics include:

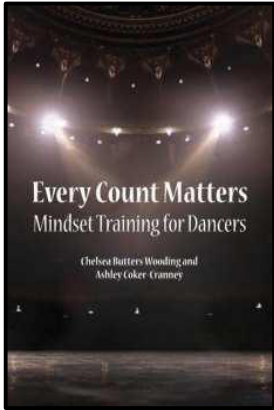
- the nature, study, and development of groups;
- foundational elements of the group including member attributes and the group's environment;
- structural elements including group positions, roles, norms, and status; and
- group processes and emergent states such as leadership, communication, and cohesion, collective efficacy, and team building.

Authors Mark Eys, Blair Evans, and Alex Benson stress the theoretical significance of studying groups to gain a richer understanding of human nature, as well as the importance of application to real life linking concepts to elite sport examples and practical strategies to enhance groups.

As a comprehensive and formative text for sport group dynamics, *Group Dynamics in Sport*, 5th edition, is an invaluable introductory resource for undergraduate and graduate students, researchers, and practitioners interested in better understanding how groups work both on and off the sport field.

**About the Author: M. Blair Evans, PhD**, joined the Kinesiology Department at Penn State in 2015 in his current role as an assistant professor. His educational pathway includes doctoral studies in social psychology at Wilfrid Laurier University (2014), along with Master's education from the University of Lethbridge and undergraduate education from Laurentian University.

PB 9781940067520 £64.99 September 2020 Fitness Information Technology 430 pages



## Every Count Matters Mindset Training for Dancers

Chelsea Butters Wooding, Ashley Coker-Cranney

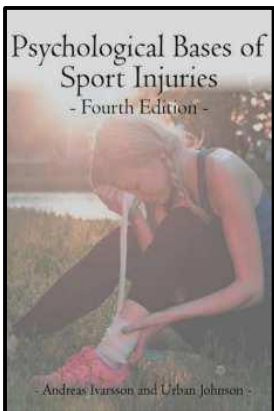
Regardless of physical talent, all dancers face struggles. The outcome depends largely on the dancer's mindset. Authors Chelsea Butters Wooding and Ashley Coker-Cranney combine their similar backgrounds in dance with their expertise as mental performance consultants to cultivate an adaptive mindset and positive perspective to elevate a dancer's performance as well as perspective.

*Every Count Matters* is unique in its appeal and relevance to every dancer, regardless of skill or style. The authors have designed strategies that can be applied at any level, in any setting. This unique approach balances theory and application, provides a foundational knowledge for mindset and mental skills training, as well as specific strategies and tips that can be immediately integrated into the dancer's daily routine. Each lesson can be applied to new challenges as they arise, and work together to allow the dancer to overcome obstacles to reaching their full potential.

**About the Author: Chelsea Butters Wooding** is a Certified Mental Performance Consultant through the Association for Applied Sport Psychology, and an Associate Faculty Assistant Professor at National University in the BA in Sport Psychology and MA in Performance Psychology programs.

**Ashley Coker-Cranney** is an adjunct instructor at West Virginia University, teaching undergraduate and graduate coursework on a wide range of topics related to sport, exercise, and performance psychology. She is also a psychotherapist for Whole Brain Solutions, LLC. in Morgantown, WV where she sees clients for a range of clinical and applied psychology services.

PB 9781940067414 £27.99 February 2020 Fitness Information Technology 216 pages



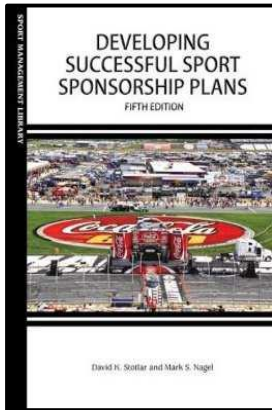
## Psychological Bases of Sport Injuries 4th Edition

Andreas Ivarsson, Urban Johnson

The fourth edition of *Psychological Bases of Sport Injuries* brings together a diverse and global collection of expert chapter authors to provide insight into the complex intersection of sport psychology and sport injury research. Presenting both applied and theoretical recommendations, this comprehensive, updated textbook employs current research, case studies, and contributors' real-life experiences to address an array of important topics including sport injury prevention, psychological factors influencing returning to sport, and ethical concerns when consulting with an injured athlete. New chapters examine contemporary concerns such as psychosocial risk factors for traumatic and overuse injuries, depression and mental health issues following a sport injury, mindfulness in injury rehabilitation, and discusses counseling strategies for each phase of sport injury rehabilitation.

**About the Author: Andreas Ivarsson, PhD**, is an assistant professor in sport and exercise psychology at Halmstad University in Sweden. He is also currently working as a sport psychology consultant with athletes from different team sports. His research interests include psychological aspects related to sport injuries and sport performance, psychological predictors of drop-out from youth sport, and statistical and methodological aspects within psychological research. Urban Johnson, PhD, is a professor in sport and exercise psychology at Halmstad University in Sweden. He is also the appointed research leader for the research group "Sustainable sport and physical activity" at the Centre for Research on Well-being, Health and Sport at Halmstad University and a member of the research board at the Swedish National Centre for Research in Sports in Stockholm. His research interests include psychological aspects of sports injuries; leadership and coaching in sport; and applied sport psychology

PB 9781940067407 £70.99 January 2020 Fitness Information Technology 344 pages



## Developing Successful Sport Sponsorship Plans

David K Stotlar, Mark S. Nagel

Acquiring sponsorship agreements that are a good fit for both the sport organization and the corporation is one of the most crucial and challenging aspects of a sport manager's job. In *Developing Successful Sport Sponsorship Plans, 5th Edition*, readers will have at their disposal a practical, step-by-step guide to identifying, soliciting, obtaining, and implementing appropriate and lucrative sponsorship opportunities.

Sponsorship activities have become an important revenue generating activity for professional, collegiate, and high school sport teams, local and state parks and recreation departments, sport and entertainment facilities, and for-profit and non-profit events. Knowing how to overcome the multitude of challenges to craft an effective sponsorship proposal and then manage sponsorship activities is more important than ever.

Esteemed scholar, author, and practitioner Mark S. Nagel joins award-winning academician David K. Stotlar in writing this new edition, which adds updated information, new interviews, and more depth and detail to what has proven to be the go-to guide for sport sponsorship courses since the first edition was released in 2001.

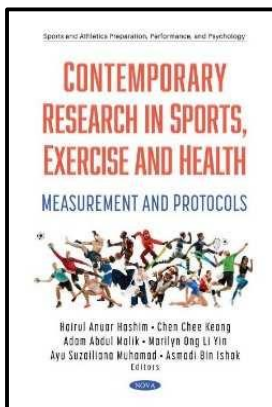
*Developing Successful Sport Sponsorship Plans* provides a detailed overview of the sponsorship process, including idea generation, research and planning, solicitation, pricing, writing contracts, and implementation and evaluation of sponsorship activities. Stotlar's often-cited Sponsorship Evaluation Model incorporates those steps—sponsorship selection, activation, and evaluation—and is presented in a reader-friendly figure.

Combining theoretical foundations with practical applications, the book also offers interviews from practitioners to provide insight into the industry. The diverse scenarios discussed in each chapter include examples from different sports and from local, regional, national, and international sport events and organizations, as well as sponsorship options for individual athletes. Worksheets included throughout the book provide users with a hands-on guide for crafting a winning sport sponsorship proposal.

**About the Author:** Dr. David K. Stotlar teaches on the University of Northern Colorado faculty in the areas of sport marketing, sponsorship, and event management. Mark S. Nagel, EdD, is a professor in the Department of Sport and Entertainment Management at the University of South Carolina. He also serves as an adjunct faculty member at the IE Business School in Madrid, Spain, the University of San Francisco, and St. Mary's College of California.

PB 9781940067223 £44.99 March 2020 Fitness Information Technology 226 pages

## Nova Science Publishers



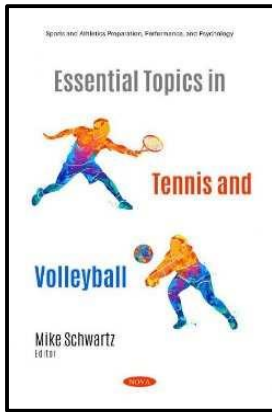
## Contemporary Research in Sports, Exercise and Health Measurement and Protocols

Edited by Hairul Anuar Hashim

With reference to the theme Contemporary Research in Sports, Exercise and Health: Measurements and Protocols, we have assembled eminent researchers from Malaysia to share their expertise and research findings in various subdisciplines of sports, exercise and health. A major aim of this book is to provide scientific evidence and in-depth exploration of the various types of measurements and protocols used in research in the area of sports, exercise and health. This book has been specifically prepared with the needs of both students and teaching staff in exercise and sports science in mind. However, we strongly believe that it is also relevant for students in other related fields, and of interest to athletes, coaches, fitness instructors, sports nutritionists, and health practitioners.

HB 9781536188608 £178.99 December 2020 Nova Science Publishers 245 pages





## Essential Topics in Tennis and Volleyball

Edited by Mike Schwartz

Essential Topics in Tennis and Volleyball first describes the physical profile of elite young tennis players focusing on the Inertial Movement Analysis patterns. In Inertial Movement Analysis, wearable microsensor technology is used to improve the knowledge about activity patterns such as accelerations, decelerations, jumps and changes of direction.

Following this, the authors review the prevalence and risk factors of low back pain in tennis players and discuss the optimal rehabilitation program, focusing on non-operated adolescent/adult tennis players.

A methodology for creating educational training programs in volleyball is examined. Algorithmic methodological steps of educational training programs, models and methods that were used in their creation and control, and the calculation and analysis of their effects and changes in volleyball are presented.

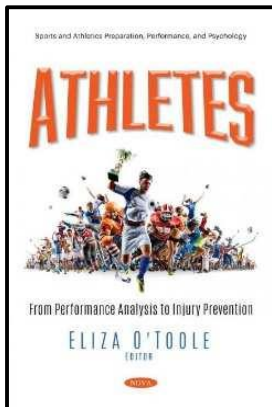
The game pattern of the 2008 and 2012 Olympic women's volleyball finals between the USA and Brazil is assessed through data obtained from an observational video analysis of the Olympic finals in Beijing and London.

Studies on game analysis in volleyball are discussed which identify that the points generated through the fundamentals of attack, block and serve are decisive for a team to achieve victory in high performance volleyball. Thus, the objective of this study was identify the factors that determine victory in high-performance men's volleyball.

In the conceptual aspect, the authors discuss the theoretical assumptions of sociology of sport and historical-critical pedagogy, aiming to understand volleyball's history and basic fundamentals.

In closing, the relationship between athletes, parents, and coaches is discussed in detail, depending on each individual's expectations and how these expectations influence the self-confidence of volleyball players.

PB 9781536182002 £87.99 August 2020 Nova Science Publishers 187 pages



## Athletes

### From Performance Analysis to Injury Prevention

Edited by Eliza O'Toole

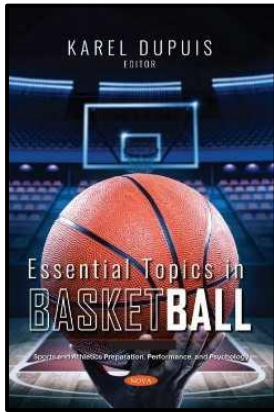
*Athletes: From Performance Analysis to Injury Prevention* opens with a study aiming to assess innovative theoretical approaches for studying human opportunities in sports where maximum achievement is caused by modern technology.

The authors discuss the macro- and micro-nutrient requirements that must be followed by the athlete, depending on the athlete's total daily energy expenditure, the type of sport, their gender and environmental conditions.

Subsequently, the components of a proper bike fit are explored, focusing on the three interfaces a human has with a bike: foot-pedal, pelvis-saddle, and hands-handlebar. Equipment needs, bike anatomy, and the process of performing a bike fit are reviewed.

Lastly, the authors propose to identify at-risk women's team sport athletes by identifying psychological perceptions of high vs. low injuries and/or fatigued athletes.

PB 9781536181074 £75.99 July 2020 Nova Science Publishers 141 pages



## Essential Topics in Basketball

Edited by Karel Dupuis

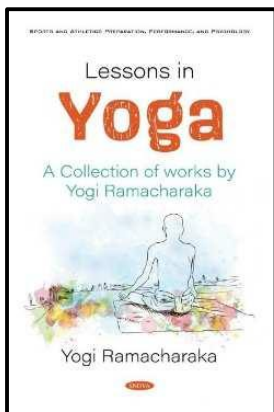
Economic globalisation refers to the notion of mobility. In basketball, just as in other team sports, competitions are associated with a specific territorial space. Through a comparison between United States and Europe, this compilation explores the issue of the perimeter of the competition area in the new economic environment.

The authors discuss the different pedagogical models that basketball coaches can apply to promote the development of an all-around player during practice sessions. The “sport education”, “teaching games for understanding”, “cooperative learning”, and “teaching personal and social responsibility” models are discussed and analyzed from a basketball coaching perspective.

The relationship between rookie players’ physical abilities on the Pre-Draft Combine and basketball performance in offense and defense in the first NBA season is assessed. The results highlight the importance of basic speed, speed strength and strength endurance.

The concluding study tests the basic and specific indicators, in terms of differences, in estimating the isometric rate of force development for leg extensors in the context of a playing position in basketball. Sixty-eight basketball players performed a standardized “isometric leg press” test to assess the characteristics of isometric force from their leg extensors.

PB 9781536180473 £75.99 July 2020 Nova Science Publishers 111 pages



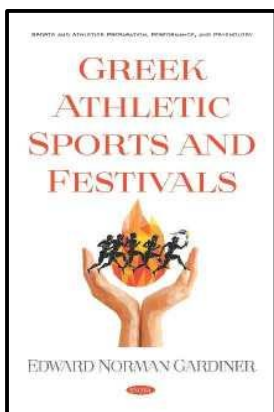
## Lessons in Yoga

### A Collection of works by Yogi Ramacharaka

Yogi Ramacharaka

Yogi Ramacharaka was the pseudonym of William Walker Atkinson. He published works related to the mental world, occultism, divination, psychic reality, and mankind’s nature. This volume contains 3 informative and compelling books on the practice of yoga.

HB 9781536179644 £211.99 May 2020 Nova Science Publishers 332 pages

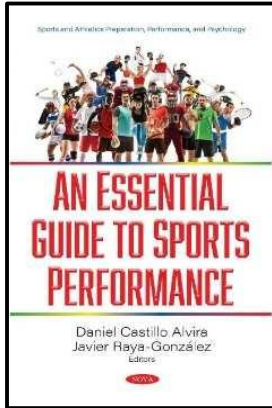


## Greek Athletic Sports and Festivals

Edward Norman Gardiner

The Olympic games is a striking testimony to the influence which ancient Greece still exercises over the modern world, and to the important place which athletics occupied in the life of the Greeks. Other nations may have given equal attention to the physical education of the young; other nations may have been equally fond of sport; other nations may have produced individual athletes, individual performances equal or superior to those of the Greeks, but nowhere can we find any parallel to the athletic ideal expressed in the art and literature of Greece, or to the extraordinary vitality of her athletic festivals. The growth of this ideal, and the history of the athletic festivals, are the subject of this book.

HB 9781536168785 £247.99 February 2020 Nova Science Publishers 404 pages



## An Essential Guide to Sports Performance

Javier Raya-González

This book analyzes several hot topics in scientific literature about individual and team sports performance. To optimize the athletes' performance is necessary to understand several factors that could influence sportive success such as training and match loads encountered by players, individual physical performance, anthropometric characteristics and optimal recovery strategies after match-play. To better understand the training process, it is convenient to study the influence of contextual variables and initial players' level on the athletes' performances as well as the flexibility interventions and protocols.

This knowledge allows coach staffs and physical trainers of players to establish an appropriate distribution of the training loads throughout each macrocycle during the competitive season. Additionally, this book focuses on cycling, one the most practiced sports around the world. Two chapters are prepared to bring both the amateur and professional practitioners towards novel sport perspectives. Therefore, one chapter is based on leisure cycling and women's participation in Scotland, and another chapter is developed to improve the saddle height configuration of cyclists to achieve better performance. This collection offers novel evidence-based approaches for coach staffs and practitioners in order to optimize the training process in individual and team sports. The findings provided within the book could allow coaches and physical trainers to apply some of these results to their training methodologies and strategies to enhance better athlete performance, and consequently, better sportive success.

HB 9781536176087 £178.99 May 2020 Nova Science Publishers 302 pages



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Athletes	PB	9781536181074	£ 75.99		
Contemporary Research in Sports, Exercise and Health	HB	9781536188608	£ 178.99		
Developing Successful Sport Sponsorship Plans	PB	9781940067223	£ 44.99		
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